



RESPONSE OF THE SURGEON GENERAL

As previously noted, participants in this Surgeon General's Workshop were selected for their expertise and for representation of professional organizations, voluntary organizations, and government agencies with an interest in breastfeeding. Diverse groups have joined together in focusing on breastfeeding and human lactation—a topic considered as top priority by the Office of the Surgeon General. The Recommendations presented this afternoon become a national statement, synthesized and promulgated by the Office of the Surgeon General with the active involvement of the many organizations that you represent. This shared approach has been a major factor in the continuing success of the two previous workshops. The report of each has been a national, not a federal, statement.

The first report, *Report of the Surgeon General's Workshop on Maternal and Infant Health*—published in January 1981—reviewed the status of perinatal health at that time and outlined social strategies for improvement. Professional and voluntary organizations and state and local governments have utilized the report for policy and program initiation. The report became the basis for the Healthy Mothers/Healthy Babies Coalition and its subsequent activities.

The second report, *Report of the Surgeon General's Workshop on Children With Handicaps and Their Families*, was published in February 1983. From this report many ensuing activities serve as examples of the effectiveness of this approach:

- The scope of the problem has been further defined by the Vanderbilt Policy Study on Chronic Illness in Children;
- Standards for regionalized, comprehensive care are being developed through a diabetes project at Michigan State University and a program of projects for juvenile rheumatoid arthritis throughout the nation;
- Several efforts involving insurers from both the public and private sectors to improve the financing of care for these children has been ongoing since the Workshop. Professional organizations have collaborated in this activity;
- Three projects in Illinois, Louisiana, and Maryland are focusing on moving ventilator-dependent children from institutional settings to home or home-like settings through the use of multidisciplinary teams;
- A network project for agencies serving disabled children is providing consultation, technical assistance, and resource sharing in approximately 20 states.

We expect no less from the report of this Workshop.

Now, in response to your specific recommendations, please remember that the one hour between your presentations and my response is insufficient to reply in the depth and breadth your efforts deserve.

Some of your recommendations are the responsibility of other cabinet departments; that doesn't mean we won't address them. Some recommendations are impossible without legislation. While I will not ignore these concerns, neither can I make any promises. Finally, it is inevitable that some of your recommendations overlap those coming from other groups.

Several themes seem recurrent. One is the establishment of breastfeeding as the norm. The issuance of the Workshop Report by the Surgeon General will, in effect, reply to this recommendation by providing a basis for promotion by professional and voluntary organizations.

A second theme is universal education. We can and will encourage formal education of professionals through curricula of health providers via the Bureau of Health Professions and of the public through the media: magazines, newspapers, radio, and TV.

We can and will encourage continuing education for health providers in practice. We will ask state Maternal and Child Health (MCH) agencies to work with local chapters of professional organizations to accomplish this goal.

When it comes to education of public officials, I suggest that legislative and regulatory approaches and models like those in New York State we heard about last night be made available to people in a position to do something about the issue.

In reference to the workplace, the Division of Maternal and Child Health and I will, through this Report and other means available to us, emphasize the problems in the workplace and address the issue by every avenue open to us through private industry and public employers. We will inform them about the concerns raised by the Workshop participants. I will continue to enunciate in public addresses the challenges facing employers and possible solutions. In the long run, legislation is necessary to accomplish some of your goals. I promise that your concern will be communicated.

We will attempt to develop a continuum of postpartum care which involves immediate follow-up, and to encourage public health agencies to adopt promotion and support of breastfeeding as standard practice. We will continue to work with professional organizations (providers and hospitals) to promote breastfeeding in the private sector.

I am enthusiastic about the details enunciated in the recommendations. The best way I know to express your concerns is to transmit specific recommendations to the Assistant Secretary for Health and appropriate agencies and to ask for a response.

Please remember that mine is a quick response to a number of issues with high priority in your work groups. My office and the MCH staff will carefully consider your written and oral reports and attempt to come up with a more detailed and appropriate response.

We are grateful for your participation in this Workshop and are

counting on your commitment to share your recommendations and to promote them within your organizations.

The Report will be sent to selected groups of those people able to effect the recommended changes—for example, members of Congress, staff members of appropriate House and Senate committees, and appropriate members of agencies and of the private sector. I give you my personal assurance that your suggestions and recommendations at this Workshop will receive the attention of the Office of the Surgeon General. We will:

- Disseminate this Report widely;
- Follow through on your recommendations where possible—even when they cross departmental lines;
- Keep you informed of the results of this Workshop;
- Be responsive to your concerns.



EXCERPT FROM CLOSING REMARKS

Frank Young, M.D.

We at the University of Rochester are very proud of the contributions of Dr. Lawrence in the development of a lactation cluster and in the subsequent plans for a Surgeon General's Workshop at this university. As members of the university, it is our pleasure to participate in this conference with other organizations and agencies devoted to Maternal and Child Health. We appreciate the opportunity it has given us to learn, and I have been pleased by the Workshop's focus on education. The educational experiments that have been suggested by this group will take months, even years to accomplish. For myself, as a bacteriologist who deals with a process of cellular division—a process occurring every 22 minutes—I recognize impatience. An experiment in bacteriology can be accomplished in a few hours. The experiments and learning processes of this conference will take far longer, and you—the participants—will be able to show the required patience. I challenge you to continue your efforts to see how public education, both in the media and in traditional academic settings, will serve our very important objectives.

As a corollary to the educational aspect of this conference, you can be proud of the Workshop's focus on the recognition that education must be universally directed. As your deliberations reinforced, we are not dealing with a particular segment of society. We are a diverse society with many needs and contributions. In this diversity, we recognize the partnership of the professional, the government, and the individual. You, the participants of this conference, represent this partnership through your varied backgrounds, agencies, and areas of expertise. You came to the conference with the responsibility of honestly and soundly exploring the topic of breastfeeding and human lactation, not to serve your own egos, but to serve mankind. You have met your responsibility.

Madonna and Child
School of Burges
Flemish, 15th c.
colored drawing

Reproduced with permission from Memorial Art Gallery of the University of Rochester.

APPENDIX A

PARTICIPANTS

John E. Alden, C.N.M., M.S.
Public Health Service
Indian Health Center
Poplar, MT 59255

Diane M. Anderson, M.S., R.D.
Rainbow Babies & Childrens Hospital
Department of Pediatrics, Room 706
2101 Adelbert Road
Cleveland, OH 44106

Joyce O. Arango, M.P.H., R.D.
U.S. Department of Agriculture
3101 Center Drive, Room 609
Alexandria, VA 22302
U.S. Department of Agriculture

Jeanne F. Arnold, M.D.
St. Elizabeth Hospital
2209 Genesee Street
Utica, NY 13354
American Academy of Family Physicians

Maria Teresa Asquith
Institute for Medical Research
Mothers' Milk Bank
2260 Clove Drive
San Jose, CA 95128

Richard H. Aubry, M.D.
SUNY Upstate Medical Center
750 E. Adams Street
Syracuse, NY 13210
American College of OB/GYN

Kathleen G. Auerbach, Ph.D.
Department of Sociology
University of Nebraska Medical Center
42nd and Dewey Avenue
Omaha, NE 68105

Rosemary Barber-Madden, Ed.D.
Center for Population and Family Health
Columbia University, School of Public Health
60 Haven Avenue
New York, NY 10032
Association of Teachers of Maternal and Child Health

Cheryl Bittle, R.D., Ph.D.
Food & Nutrition Department
Oregon State University
Corvallis, OR 97331

Sara B. Bonam, R.D., M.S.
Bureau of Family Health
Kansas Department of Health and Environment
Forbes Field, Building 740
Topeka, KS 66620
Association of State and Territorial Public Health Nutrition Directors

Elizabeth Brannon, M.S., R.D.
Department of Health & Human Services
Room 6-22 Parklawn Building
5600 Fishers Lane
Rockville, MD 20857

Elaine B. Bratic
Office of Public Affairs, OASH, PHS
200 Independence Avenue SW
721H Hubert H. Humphrey Building
Washington, DC 20201

Theodore M. Brown, Ph.D.
Department of History
University of Rochester
RR Lib 585
Rochester, NY 14627

Carol A. Bryant, Ph.D.
Lexington Fayette County Health Department
650 Newton Pike
Lexington, KY 40508

Elizabeth Burkett, R.N.C., M.S.N.
Department of OB/GYN
Duke University Medical Center
Box 3974
Durham, NC 27710

Anthony T. Carter, Ph.D.
Department of Anthropology
University of Rochester
Harkness 334
Rochester, NY 14627

Solan Chao, M.D.
Department of OB/GYN
Harlem Hospital Center
506 Lenox Avenue
New York, NY 10037

Kate Clancy, Ph.D.
Department of Human Nutrition
307 Slocum Hall
Syracuse University
Syracuse, NY 13210
Society for Nutrition Education

Elizabeth M. Cooper, C.N.M., M.S.
Department of OB/GYN
University of Rochester Medical Center
601 Elmwood Avenue, Box 668
Rochester, NY 14642

Betty Ann Countryman, R.N., M.N.
4140 E. 75th Street
Indianapolis, IN 46250
La Leche League International

Catherine Cowell, Ph.D.
Bureau of Nutrition
New York City Department of Health
93 Worth Street, Room 714
New York, NY 10013

Carole A. Davis, M.S.
Human Nutrition Information Service
U.S. Department of Agriculture
Room 330, Building 307, BARC-East
Beltsville, MD 20705

Roselyn Payne Epps, M.D., M.P.H.
Department of Pediatrics & Child Health
Howard University College of Medicine
2041 Georgia Avenue NW
Washington, DC 20060

Ruth R. Faden, Ph.D., M.P.H.
The Johns Hopkins University
School of Hygiene & Public Health
615 N. Wolfe Street
Baltimore, MD 21205

Thorsten A. Fjellstedt, Ph.D.
Department of Health & Human Services
Room 7C-09 Landow Building
7910 Woodmont Avenue
Bethesda, MD 20505

Judith G. Flanagan, C.N.M., R.N., M.S.
U.C.S.F.G.H.
10001 Potrero
San Francisco, CA 94110
American College of Nurse-Midwives

Gilbert B. Forbes, M.D.
Department of Pediatrics
University of Rochester Medical Center
601 Elmwood Avenue, Box 777
Rochester, NY 14642

Michele Forman, Ph.D., M.S.P.H.
Division of Nutrition
Centers for Disease Control
Building 3, Room SB48
Atlanta, GA 30333

Henry W. Foster, Jr., M.D.
Department of OB/GYN
Meharry Medical College
1005 D. B. Todd Boulevard
Nashville, TN 37208

Paul S. Frame, M.D.
Tri-County Family Medicine
Box 339
Red Jacket Street
Dansville, NY 14437

Karen L. Freeburn, R.D.
Migrant & Rural Community Health
Association
P.O. Box 130
Bangor, MI 49013

Ayala Gabriel, Ph.D.
Department of Anthropology
University of Rochester
Harkness Hall 324
Rochester, NY 14627

David Gagnon, M.P.H.
Women & Infants Hospital
50 Maude Street
Providence, RI 02908

Lawrence M. Gartner, M.D.
Wyler Children's Hospital
5825 S. Maryland Avenue
Chicago, IL 60637

Cutbero Garza, M.D., Ph.D.
Baylor College of Medicine
Department of Pediatrics
1 Baylor Plaza
Houston, TX 77030

Robert C. Gelardi
Suite 500-D
5775 Peachtree-Dunwoody Road
Atlanta, GA 30342
Infant Formula Council

Doris Haire
439 E. 51st Street
New York, NY 10022

Jerianne Heimendinger, D.Sc.
Division of Family Health
Department of Health
75 Davis Street, Room 302
Providence, RI 02908

William Heird, M.D.
Babies Hospital
1st Floor, Room 116 South
Department of Pediatrics
New York, NY 10032

David Heppel, M.D.
Division of Maternal & Child Health
5600 Fishers Lane, Room 6-22
Rockville, MD 20857

Jan L. Herr, M.D.
Kaiser Permanente
2200 O'Farrell Street
San Francisco, CA 94115
Residency Review Committee in OB/GYN

Frederick C. Holmes, M.D.
R.D. #1
Fairfax, VT 05454
American Academy of Pediatrics

Mary T. Horan, R.N.
HQ Department of Army
Office of the Surgeon General
HQDA (DASG PSP-D)
Pentagon, Room 2D529
Washington, DC 20310
Department of Defense

Kathryn Montgomery Hunter, Ph.D.
University of Rochester Medical Center
601 Elmwood Avenue, Box 644
Rochester, NY 14642

Vince L. Hutchins, M.D., M.P.H.
Department of Health & Human Services
Room 6-05 Parklawn Building
5600 Fishers Lane
Rockville, MD 20857

Bernard B. Keele, Ph.D.
Office of Public Affairs
University of Rochester Medical Center
601 Elmwood Avenue, Box 643
Rochester, NY 14642

John H. Kennell, M.D.
Rainbow Babies & Childrens Hospital
2101 Adelbert Road
Cleveland, OH 44106

C. Everett Koop, M.D., Sc.D.
Department of Health & Human Services
Room 716G HHH Building
200 Independence Avenue SW
Washington, DC 20201

Mary Grace Kovar, Dr.P.H.
National Center for Health Statistics
3700 East-West Highway, Room 2-58
Hyattsville, MD 20782

Gail Kowalski
Genesee Ecumenical Council
17 S. Fitzhugh Street
Rochester, NY 14614

Anthony H. Labrum, M.D.
Division of Psychosomatic OB/GYN
University of Rochester Medical Center
601 Elmwood Avenue, Box 668
Rochester, NY 14642

Paul J. Lambiasi
Office of Continuing Professional Education
University Of Rochester Medical Center
601 Elmwood Avenue, Box 677
Rochester, NY 14642

Ruth A. Lawrence, M.D.
Department of Pediatrics—Neonatology
University of Rochester Medical Center
601 Elmwood Avenue, Box 651
Rochester, NY 14642

Morton A. Lebow, M.A.
American College of OB/GYN
600 Maryland Avenue SW
Washington, DC 20024

Milton B. Lederman, Ph.D.
Office of Public Affairs
University of Rochester Medical Center
601 Elmwood Avenue, Box 643
Rochester, NY 14642

Viola Lennon
5745 Newcastle Street
Chicago, IL 60631

Alice S. Linyear, M.D., M.P.H.
Bureau of Maternal & Child Health
State Department of Health
109 Governor Street
Richmond, VA 23219

Ruth E. Little, Sc.D.
Alcohol & Drug Abuse Institute
University of Washington NL-15
Seattle, WA 98195

Vivian M. Littlefield, R.N., Ph.D.
School of Nursing
University of Rochester Medical Center
601 Elmwood Avenue, Box 619
Rochester, NY 14642

Gilbert A. Martinez, M.B.A.
Market Research
Ross Laboratories
625 Cleveland Avenue
Columbus, OH 43216

Elizabeth R. McAnarney, M.D.
Department of Pediatrics
University of Rochester Medical Center
601 Elmwood Avenue, Box 690
Rochester, NY 14642

Michael McGinnis, M.D.
Department of Health & Human Services
Room 2132 Switzer Building
330 C Street SW
Washington, DC 20201
U.S. Department of Health and Human Services

Jeanne Meurer, C.N.M., M.S.
Birthing Program
College of Medicine
University of South Florida
Tampa, FL 33612

Solbritt Murphy, M.D.
Bureau of Maternal & Child Health
New York State Department of Health
ESP—Corning Tower
Albany, NY 12237

Anthony W. Myres, Ph.D.
Health & Welfare Canada
Jeanne Mance Building, Room 428
Tunney's Pasture
Ottawa, Ontario Canada KIA 184

Martin Nacman, M.S.W., D.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Audrey Naylor, M.D., Dr.P.H.
San Diego Lactation Program
Mercy Hospital
4077 Fifth Avenue
San Diego, CA 92103

Marianne R. Neifert, M.D.
University of Colorado
Health Sciences Center—C-219
4200 E. 9th Avenue
Denver, CO 80262

Margaret C. Neville
University of Colorado School of Medicine
Department of Physiology C240
VCHSC
Denver, CO 80262

Jennifer R. Niebyl, M.D.
The Johns Hopkins Hospital
Harvey 108
Baltimore, MD 21205
American College of OB/GYN

Joel L. Nitzkin, M.D., M.P.H., D.P.A.
Monroe County Health Department
111 Westfall Road—Caller 632
Rochester, NY 14692

Julie H. Norris, R.N.
St. Vincent's Wellness Center—Carmel
2001 W. 86th Street
Indianapolis, IN 46260
American Hospital Association

Carolyn A. O'Neil, M.S., R.D.
Cable News Network
1050 Techwood Drive
Atlanta, GA 30318

Christine M. Olson, Ph.D., R.D.
Division of Nutritional Sciences
376 MVR
Cornell University
Ithaca, NY 14853
Society for Nutrition Education

Betty Oseid, M.D.
Department of Pediatrics
Louisiana State University Medical Center
1542 Tulane Avenue
New Orleans, LA 70124

Judy Perkin, Dr.P.H., R.D.
Department of Health Education and Safety
Room 4, Florida GYM
University of Florida
Gainesville, FL 32611
The American Dietetic Association

Linda Randolph, M.D., M.P.H.
Office of Public Health
New York State Department of Health
Empire State Plaza
Albany, NY 12237

Dana Raphael, Ph.D.
The Human Lactation Center Ltd.
666 Sturges Highway
Westport, CT 06880

Herbert Ratner, M.D.
Child and Family Quarterly
244 Wesley Road
Oak Park, IL 60303

Nancy K. Rice, M.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Walter J. Rogan, M.D., M.P.H.
Epidemiology Branch
National Institute of Environmental Health
Sciences
Mail Drop A3-02, P.O. Box 12233
Research Triangle Park, NC 27709

Jeanne Rose, M.S.
1711 Lake Shore Drive
Escanaba, MI 49829
International Childbirth Education Association

Ruth B. Rosenberg, J.D.
Nixon, Hargrave, Devens & Doyle
Lincoln First Tower
P.O. Box 1051
Rochester, NY 14603

Pearl W. Rubin
Daisy Marquis Jones Foundation
945 Crossroads Building
2 State Street
Rochester, NY 14614

Gardenia B. Ruff, M.S.W.
South Carolina Department of Health and
Environmental Control
Division of Maternal & Child Health
2600 Bull Street
Columbia, SC 29201

Sarah Samuels, Dr.P.H.
Institute for Health Policy Studies
University of California School of Medicine
565 CED
San Francisco, CA 94143

Susan Scrimshaw, Ph.D.
School of Public Health
University of California
Los Angeles, CA 90024

Donald L. Shapiro, M.D.
Neonatology Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 651
Rochester, NY 14642

Andrew Sorenson, Ph.D.
Division of Public Health
School of Health Sciences
University of Massachusetts
Amherst, MA 01003

Marilyn G. Stephenson, M.S., R.D.
Office of Nutrition and Food Sciences
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C Street SW
Washington, DC 20204

Mary Story, Ph.D., R.D.
Adolescent Health Program
Box 721 Mayo, 420 Delaware Street SE
University of Minnesota
Minneapolis, MN 55455

Robert C. Tatelbaum, M.D.
220 Alexander Street
Suite 707
Rochester, NY 14607
*Rochester Academy of Medicine, OB/GYN
Section*

Janet Taylor-Leahman, R.D., M.S.
Brownsville Community Health Clinic
2137 E. 22nd
Brownsville, TX 78520

Henry A. Thiede, M.D.
Chairman, Department of OB/GYN
University of Rochester Medical Center
601 Elmwood Avenue, Box 668
Rochester, NY 14642

Edith P. Thomas, Ph.D., R.D.
U.S. Department of Agriculture Extension
Service
Room 3443 South Building
14th & Independence Avenue SW
Washington, DC 20250

Jewel M. Thomas, M.Ed.
4504 N. Roseneath Drive
Houston, TX 77021
Alpha Kappa Alpha Sorority, Inc.

Edith Tibbetts, M.Ed.
Health Education Associates, Inc.
211 S. Easton Road
Glenside, PA 19038

Terry Tobin, M.P.H., R.N.
Marquette University
Milwaukee, WI 53233

Joel Tolliver, M.P.H.
16 Rawhide Road
West Henrietta, NY 14586

Michael Weidner, M.B.A.
Highland Hospital
South Avenue at Bellevue Drive
Rochester, NY 14620

Francine Rae White, M.S.P.H.
1625 'I' Street, NW
Suite 420
Washington, DC 20006
*National Association of Community Health
Centers*

Nancy Whitley, C.N.M., R.N.
125 Pearl Street
Mt. Holly, NJ 08060
*Nurses Association of the American College of
OB/GYN*

John T. Wilson, M.D.
Louisiana State University Medical Center
P.O. Box 33932
Kings Highway
Shreveport, LA 71130

Beverly Winikoff, M.D., M.P.H.
The Population Council
One Dag Hammarskjold Plaza
New York, NY 10017

Kenneth Wolfe
110 Blackmore Road
Camillus, NY 13031
United States JAYCEES

Kenneth W. Woodward, M.D.
Xerox Corporation
800 Phillips Road
Building 208M
Webster, NY 14580

Bonnie Worthington-Roberts, Ph.D.
Child Development Center
University of Washington
CDMRC WJ-10
Seattle, WA 98195

APPENDIX B

FACILITATORS

Marilyn J. Aten, Ph.D., R.N.
School of Nursing
University of Rochester Medical Center
601 Elmwood Avenue, Box HWH
Rochester, NY 14642

Susan MacKrell, Ph.D.
Education & Human Development
University of Rochester
Latimore 509
Rochester, NY 14627

Joel L. Nitzkin, M.D., M.P.H., D.P.A.
Monroe County Health Department
111 Westfall Road, Caller 632
Rochester, NY 14692

Betty Oppenheimer
Health Association of Rochester & Monroe
County
973 East Avenue
Rochester, NY 14607

Nancy K. Rice, M.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Ruth Rockowitz, M.S.W., A.C.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Doreen Smethurst, C.S.W., A.C.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Andrew A. Sorensen, Ph.D.
University of Massachusetts—Amherst
106 Arnold House
Amherst, MA 01003

RECORDERS

Lizabeth Berkeley, M.P.H.
NYS Department of Health
Office of Public Health
Office for New York City Affairs
8-10 E. 40th Street
New York, NY 10016

Rosellen Bohlen, R.N.
202 Clovercrest Drive
Rochester, NY 14618

Myra Citrin, M.D.
Department of Pediatrics
University of Rochester Medical Center
601 Elmwood Avenue, Box 777
Rochester, NY 14642

Judy Gussler, Ph.D.
Ross Laboratories
625 Cleveland Avenue
Columbus, OH 43216

Joan Merzbach, M.S.W.
Social Work Division
University of Rochester Medical Center
601 Elmwood Avenue, Box 650
Rochester, NY 14642

Elizabeth Naumburg, M.D.
Family Medicine Program
885 South Avenue
Rochester, NY 14620

Marsha Nielson
Health Association of Rochester & Monroe
County
973 East Avenue
Rochester, NY 14607

Marie Stahl, R.N.
3616 Connecticut Avenue NW
Washington, DC 20007

APPENDIX C

KEY ELEMENTS FOR PROMOTION OF BREASTFEEDING IN THE CONTINUUM OF MATERNAL AND INFANT HEALTH CARE

1. Primary-care settings for women of childbearing age should have:
 - a supportive milieu for lactation
 - educational opportunities (including availability of literature, personal counseling, and information about community resources) for learning about lactation and its advantages
 - ready response to requests for further information
 - continuity allowing for the exposure to and development over time of a positive attitude regarding lactation on the part of the recipient of care.
2. Prenatal-care settings should have:
 - a specific assessment at the first prenatal visit of the physical capability and emotional predisposition to lactation. This assessment should include the potential role of the father of the child as well as other significant family members. An educational program about the advantages of and ways of preparing for lactation should continue throughout the pregnancy.
 - resource personnel—such as nutritionists/dietitians, social workers, public health nurses, La Leche League members, childbirth education groups—for assistance in preparing for lactation
 - availability and utilization of culturally suitable patient-education materials
 - an established mechanism for a predelivery visit to the newborn care provider to insure initiation and maintenance of lactation
 - a means of communicating to the in-hospital team the infant-feeding plans developed during the prenatal course.
3. In-hospital settings should have:
 - a policy to determine the patient's infant-feeding plan on admission or during labor
 - a family-centered orientation to childbirth including the minimum use of intrapartum medications and anesthesia
 - a medical and nursing staff informed about and supportive of ways to facilitate the initiation and continuation of breastfeeding (including early mother-infant contact and ready access by the mother to her baby throughout the hospital stay)

- the availability of individualized counseling and education by a specially trained breastfeeding coordinator to facilitate lactation for those planning to breastfeed and to counsel those who have not yet decided about their method of infant feeding
- on-going inservice education about lactation and ways to support it. This program should be conducted by the breastfeeding coordinator for all relevant hospital staff.
- proper space and equipment for breastfeeding in the postpartum and neonatal units. Attention should be given to the particular needs of women breastfeeding babies with special problems.
- the elimination of hospital practices/policies which have the effect of inhibiting the lactation process, e.g., rules separating mother and baby
- the elimination of standing orders that inhibit lactation, e.g., lactation suppressants, fixed feeding schedules, maternal medications
- discharge planning which includes referral to community agencies to aid in the continuing support of the lactating mother. This referral is especially important for patients discharged early.
- a policy to limit the distribution of packages of free formula at discharge only to those mothers who are not lactating
- the development of policies to support lactation throughout the hospital units (e.g., medicine, surgery, pediatrics, emergency room, etc.)
- the provision of continued lactation support for those infants who must remain in the hospital after the mother's discharge.

4. Postpartum ambulatory settings should have:

- a capacity for telephone assistance to mothers experiencing problems with breastfeeding
- a policy for telephone follow-up 1-3 days after discharge
- a plan for an early follow-up visit (within first week after discharge)
- the availability of lactation counseling as a means of preventing or solving lactation problems
- access to lay support resources for the mother
- the presence of a supportive attitude by all staff
- a policy to encourage bringing the infant to postpartum appointments
- the availability of public/community-health nurse referral for those having problems with lactation
- a mechanism for the smooth transition to pediatric care of the infant, including good communication between obstetric and pediatric care providers.

APPENDIX D

SELECTED READINGS

Baranowski T., Bee D.E., Rassin D.K., Richardson C.J., Brown J.P., Guenther N., and Nader P.R.: Social Support, Social Influence, Ethnicity and the Breastfeeding Decision. *Social Science and Medicine* 17:1599-1611, 1983.

Cowie A.T., Forsyth I.A., Hart I.C.: *Hormonal Control of Lactation*. Berlin: Springer-Verlag, 1980.

Eckhardt K.W. and Hendershot G.E.: Analysis of the Reversal in Breast Feeding Trends in the Early 1970s. *Public Health Reports* 99:410-414, July-August 1984.

Ellis D.J.: Secondary School Students' Attitudes and Beliefs About Breastfeeding. *Journal of School Health* 53:600-604, December 1983.

Gussler J. and Bryant C. (eds): *Helping Mothers Breastfeed: Program Strategies for Minority Communities*. Health Action Paper No. 1, Lexington, KY: Lexington-Fayette County Health Department and University of Kentucky Medical Behavioral Science Department, 1984.

Hally M.R., Bond J., Crowley J., Gregson B., Phillips P., and Russell I.: What Influences a Mother's Choice of Infant Feeding Method? *Nursing Times* 65-68: January 25, 1984.

Lawrence R.A.: *Breastfeeding: A Guide for the Medical Profession*. St. Louis: C.V. Mosby Company, 1980 (2nd edition, 1984).

Martinez G.A. and Dodd D.A.: 1981 Milk Feeding Patterns in the United States during the First 12 Months of Life. *Pediatrics* 71:166-170, February 1983.

Neville M.C. and Neifert M.R. (eds): *Lactation: Physiology, Nutrition, and Breastfeeding*. New York: Plenum Press, 1983.

Oseid B., Carter J., Sullivan J., and Braud S.: Promoting Breastfeeding in Louisiana. *Journal of the Louisiana State Medical Society*, 4-6: December 1983.

Shand N. and Kosawa Y.: Breast-Feeding as Cultural or Personal Decision: Sources of Information and Actual Success in Japan and the United States. *Journal of Biosocial Science* 16:65-80, 1984.

Van Esterik P. and Greiner T.: Breastfeeding and Women's Work: Constraints and Opportunities. *Studies in Family Planning* 12:184-197, April 1981.

Vorherr H.: *The Breast: Morphology, Physiology, and Lactation*. New York: Academic Press, Inc., 1974.